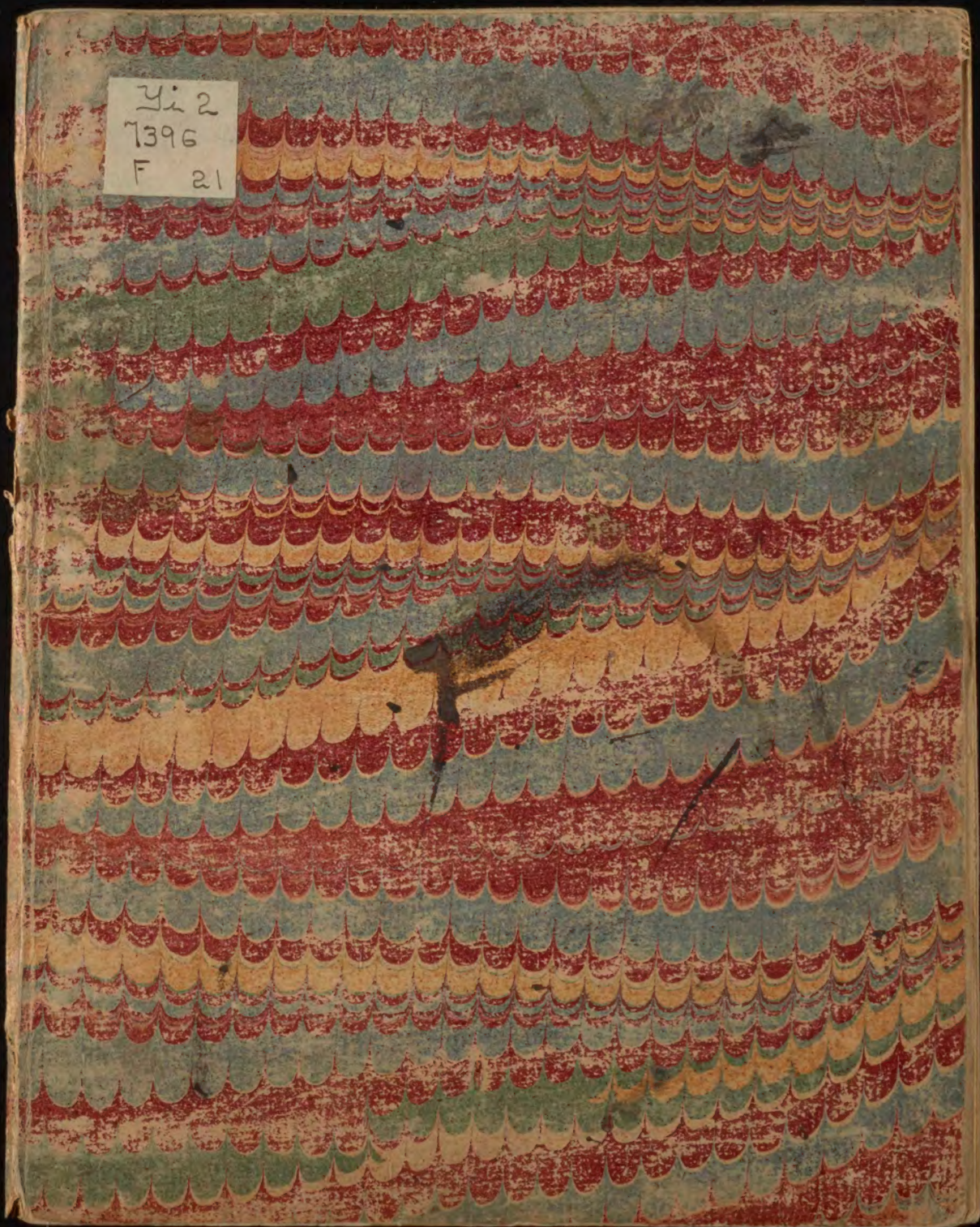
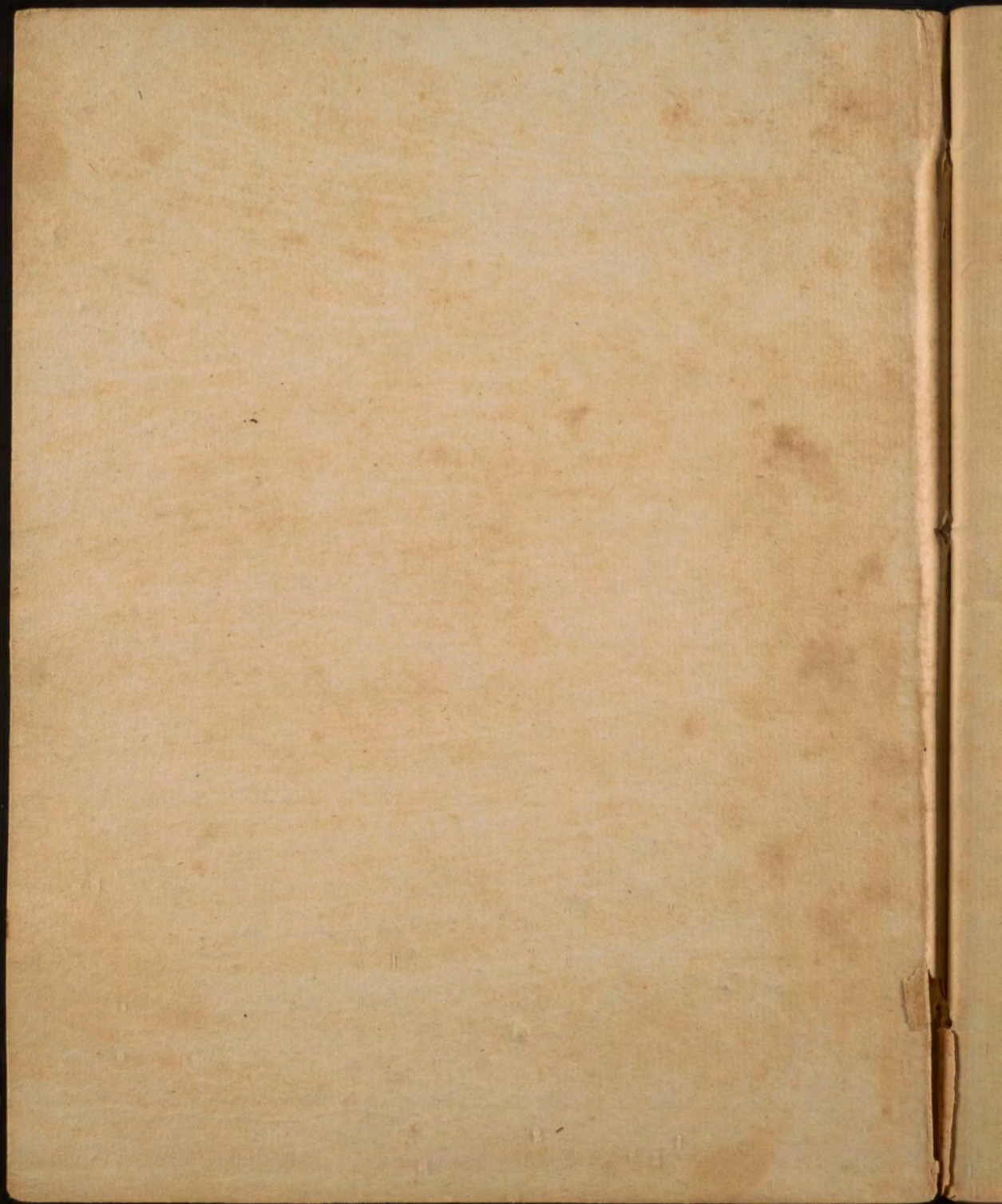


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7396  
F 21







Aliment — modes of  
preparing it &c from 181 to 196

Effects of Condiments 196

—— Coffee —— 204

—— Drinks —— 208



IV Aliment <sup>produces</sup> ~~produces~~ disease from the manner in which it is prepared.

V Fish when kept for a few days, are apt to disorder the stomach and bowels - and to

produce an eruption on the skin. Of this Oysters when overdone have produced Colic - <sup>at that time</sup>

I have seen many instances. <sup>at</sup> ~~There at~~ <sup>on some other date in several instances within my knowledge</sup> ~~sea~~ - Cabin passengers dined on Dolphin - & suffered no inconvenience from it.

- The remains given to sailors next day - were all affected with acute inflam: eruption in consequence - ~~They all broke out &c.~~ Lobsters & crabs of eating it.

produce the same effects when kept too

long. Oysters tho' so easy of digestion when raw, or little roasted - produce Cholera -

- Colic - ~~and~~ <sup>roasted</sup> Lyncops - & a tendency to Asphyxia when <sup>roasted</sup> ~~hard~~ and dry. [Forbes's

case - no pulse for 36 hours - cold for 3 days. with Vomiting.] Eggs when soft boiled are

easy of digestion, but very difficult when hard. Dr. Haller tells us a story of a man



2 Swallowing food without sufficient mastication. This is called Bothing.

I have known it lay the foundation for Dyspepsia, and other distressing diseases. — Persons are led to it from drinking health <sup>from</sup> conversation — from absence of mind, or from being obliged to eat in a hurry. The famous poet Ariosto died of Dyspepsia this cause induced by absence of mind, <sup>for he was in the 57<sup>th</sup> year of his age.</sup> ~~was induced from this cause~~ <sup>for he was in the 57<sup>th</sup> year of his age.</sup> It is more

W & The preparation of food. It is more or less wholesome according as it has been kept a longer or shorter time. ~~It takes more or less of the fish~~ Flesh eaten too soon after it is killed is hard of digestion. Flesh kept till it is tainted is apt to produce Dysentery and putrid fever. Raw or half roasted flesh — also raw & half prepared vegetables <sup>both</sup> of which require the fire, are unwholesome. ✓



who died after eating a large meal of  
them <sup>stop</sup> [The white - is converted into a stony  
matter by lying a few weeks in a dry closet]

Vegetables in like manner when tending  
to putridity are unhealthy. Epidemics  
I have said  
are ascribed by Huxham to bad grain.

- In keeping an am<sup>t</sup> of Epidemics always  
mark the quality, and quantity of the  
grain -

fruits &c produced each year. They have  
~~rather~~ <sup>rather</sup> Potatoes produced ~~produced~~ <sup>produced</sup> ~~at~~  
a great influence on Diseases. Bread & half

~~Tartaric~~  
prepared or baked produces colic, and in  
one case asphyxia for 3 days. Geo. Fox's  
case. Rotted Cheese produced the apoplexy  
in Cha Meredith. —



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~~Too much food~~

3 Food sometimes produces Diseases  
the whole are  
from being taken at too long inter-  
vals. The system is vibrates into too  
distant extremes of action & debility  
in consequence of the alternate

fullness and depletion of the stomach.  
members of Congress but accustomed to fasting from  
& full 3 or 4. Others are often disordered by it.

4 The influence of food when offensive  
from its quantity or quality is greatly  
varied by different degrees of exercise.  
An excessive quantity of <sup>food, or</sup> animal  
food wholly animal, may be unde-  
r and inoffensive by constant labor,  
and a diet consisting wholly of  
vegetables may be rendered less  
unhealthy by a life of inactivity.  
Some Divines & Philosophers look for



66.  
V more especially as these vegetables  
will probably approach by new  
modes of culture in strength &  
nourishment to animal food.

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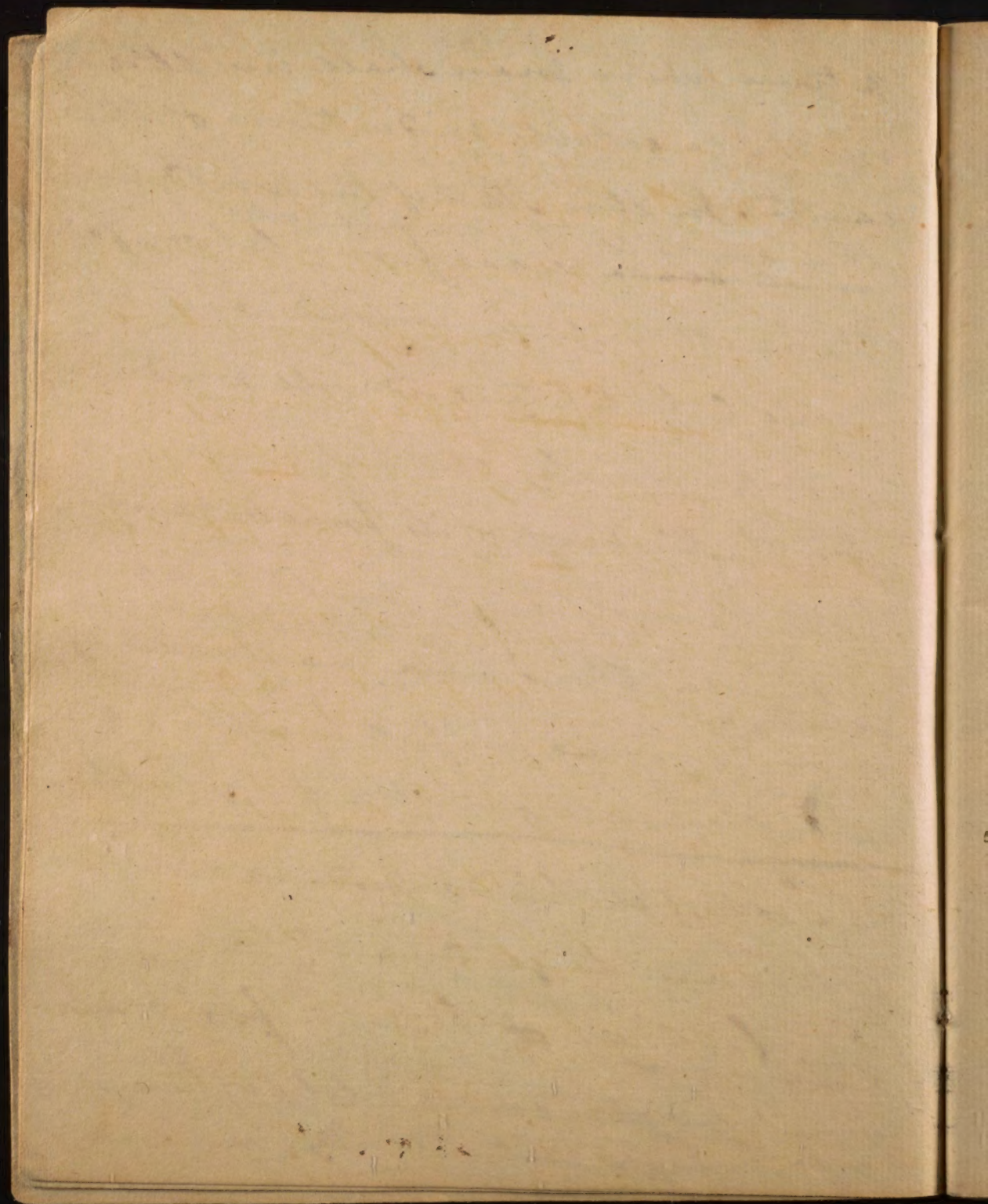


a time when man shall live altogether  
 on the vegetable productions of the  
 earth. In this state of the world, man  
 they say will <sup>in a great degree</sup> ~~must cease~~ cease from labor, for  
 the earth will be restored to its pri-  
 -mordial fertility, and will produce  
 spontaneously all that is required  
 for the support of its inhabitants.  
 If the latter change should happen  
 to our earth, I have <sup>it is probable</sup> ~~no doubt~~ of  
 man <sup>may</sup> enjoying perfect health upon  
 a diet consisting wholly of Vegetables, ✓

---

4 Food of all kinds produces diseases  
 if taken in large quantities after  
 long fasting. Dr Linnæus said some-  
 -times the existability of the system  
 by inducing ~~digest~~ debility, and undoes







184  
it liable to be acted on by stimuli  
of all kinds, but by none so much  
as food. A large meal after long  
fasting has often produced sudden  
death from its excess of stimulus.

Straw ~~did~~ after having pined  
for several days with the apostle's  
hunger, died ~~of~~ immediately after  
having eaten a loaf of bread which  
~~was~~ bought with part of a guinea  
~~or~~ was given to him in charity. —

Valentinianians & Cornutiasts  
often suffer from this cause, especially  
when they travel for health. In the  
intervals of long stages, they become  
very hungry, and generally overeat  
themselves afterwards. To avoid this







we should <sup>185</sup> always  
evil, ~~I never~~ <sup>fit</sup> in ~~all~~ chronic  
diseases to advise my patients to  
make five or six, instead of three  
or four meals in a day.

5 The sudden transition from animal  
to vegetable diet, or from vegetable to  
animal, <sup>and</sup> ~~often~~ <sup>sometimes</sup> produces violent diseases.  
good effects of a vegetable diet, <sup>in preparing the body for the small</sup> ~~in~~ <sup>the</sup> meaning  
very depends upon its  
the system, and thereby opening the dispo-  
sition of the <sup>heart &</sup> arteries to be excited into a  
violent fever. ~~But~~ to produce these effects  
it is necessary that the change should be  
sudden. I am so satisfied of the truth  
of this remark, that I never permit  
my patients to change their diet till the  
day of their inoculation. <sup>of diet</sup> And one effect  
from this change is universal ~~that~~



✓ Mr Bruce fainted from the smell of animal  
After living two months on a scanty  
veg: diet in the deserts of Arabia, and I  
have known several members of  
a family who after being dieted 8 days  
for the small pox, fainted at the  
smell of animal food. Mr Wrich's  
family. Mr Bligh was intoxicated  
After his sufferings <sup>from famine</sup> at sea by eating an  
oyster, & Dr Meival mentions the case  
of a young physician who after 3 days fasting  
was intoxicated from taking a little <sup>beverage</sup>.



When men are sent to jail, ~~where~~ and  
 that is costiveness. Perhaps the distress of  
 mind produced by confinement may help  
 to bring on this costiveness. A Change  
 from vegetable to animal diet is prodigious  
 - true of still worse diseases. In the Jour-  
 - nal of medicine for August 1760 there  
 is an account of a man who after  
 living 30 days on vegetable food was  
 thrown into a phrensy & convulsions  
 by eating animal food. The most dan-  
 - gerous relapses in fevers are often indu-  
 - ced by eating a small quantity of meat  
 by convalescents after living two or three  
 weeks on the vegetable foods which  
 constitute the usual food of sick  
 people. [It <sup>was</sup> to prevent <sup>diseases</sup> ~~diseases~~ of  
 it



The changes in all other cases except  
in preparing the body for the small pox sh.  
be gradual.

V I beg your attention to these facts.  
They have been applied very improperly  
to diet in the treatment of Chronic  
Diseases. After the prohibition of Animal  
food for weeks, or months ~~the~~ a very  
small quantity of it induces distressing  
convulsions in the stomach & often  
in the whole system. The convulsions  
are ~~of a~~ induced by relative circumstances  
only - that is by the novelty of the Animal  
food, and a change in the gastric juice &  
excite of the stomach which <sup>indisposed</sup> ~~is~~  
it to receive its former natural and  
agreeable. The same, or a greater



every kind from this Cause, that I  
~~formerly~~ <sup>formerly</sup> advised my patients after they  
 recovered from the small pox to return  
 gradually to the use of animal food. 7

6 Diseases are often induced by an  
 improper mixture of Aliments. There  
 appears to be a natural & habits & a  
Artificial Affinity of Aliments to  
 each other. ~~show~~ For an Account of  
 my Opinions on this Subject I refer  
 you to <sup>an essay in</sup> my Volume of inquiries and  
 Formations. — It is a fruitful Source  
 of diseases. — men in good health feel  
 less inconvenience from an improper  
 mixture of Aliment in the stomach,  
 but convalescents & weakly people  
 suffer greatly from it. <sup>the 1<sup>st</sup></sup> I therefore



Gravitation of animal food would have been inoffensive had it not been abstracted previously from the stomach. Misled by not attending to this circumstance, the same physician who forbids a spoonful of broth, or an ounce of the breast of a chicken will indulge his patients in pounds of hamming or ~~gall~~ quarts of vegetable stews of all kinds. +

V Liquid aliment sometimes disorders the stomach. It is remarkable no animal but in its natural state, and food in a liquid state except man ~~in infancy~~ <sup>which and he</sup> learns to do so in civilized life. The milk he takes in infancy & afterwards (the liquid) when swallowed, is <sup>reduced</sup> from ~~liquid~~ solid by being coagulated in the stomach. —

+ There are <sup>diseases</sup> ~~cases~~ however which forbid animal food altogether. ~~not from its nature~~ — but these shall be mentioned hereafter.

A sudden change from heat to cold, darkness to light & vice versa produces morbid effects. Why not animal & veg. food?

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make it a constant practice in chronic diseases to advise <sup>our</sup> ~~any~~ patients to dine only on one dish.

Lect: 6<sup>th</sup>

7 Climate produces diseases by being too hot, or too cold. Many Inflammations & other diseases have been <sup>of the Stomach</sup> brought on by too swallowing too hot food - and ~~in~~ some by taking it too cold. Major Reed <sup>late</sup> died for a member of Congress for Pennsylv<sup>a</sup>: died of a Schiroma in the stomach brought on foundation of which was laid in eating an ice cream a year before in the city of New York. no animal but man takes his food <sup>in food</sup> warm.

8 Novelty often disorders the stomach & this at the whole system. ~~all~~ many new dishes disagree with the stomach, but it is remarkable that certain





vegetables & summer fruits frequently have the same effect every year the first time they are eaten. These vegetables & fruits are Radishes - Cucumbers - and melons. — It would seem as if the Stomach forgot its old acquaintances every year, but recognized them after one or two meals. but

& There are Diseases from a temper of a very contrary nature in the stomach. After being disgusted by sickness with Aliment of any kind, the stomach frequently retains a vindictive remembrance of it for many years.

If by chance or necessity any a portion of the Aliment ~~then~~ <sup>which</sup> has excited a former profit should





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be taken into the stomach, it frequently  
produces Vomiting - Colic & even  
Syncope. - There was a time some  
when it would have been possible  
to have induced not only Syncope  
~~and~~ but probably Death upon me  
by conveying a <sup>half</sup> ~~quantity~~ of a boiled  
chestnut into my stomach. When  
a Child I was made sick by eating  
too great a quantity of them.

A Absinent sometimes produced dis-  
eases by lying for days & perhaps  
weeks in an undigested state in the  
Stomach. I once attended a young  
Lady for three days in an obstinate  
Vomiting & fever. on the 3<sup>rd</sup> day  
I gave her an emetic, which



✓ Dr Haller has given a list of nearly a dozen articles of diet which have lain from a week to 7 months in the stomach in an undigested state producing more or less indisposition during that time.

✓ Dr Haller quotes a case of a piece of fat pork being thrown up <sup>unchanged</sup> from the stomach two months after it was swallowed. [I have <sup>seen</sup> a stone <sup>before</sup> that was generated in the stomach and which has remained there during all the sickness or Vomiting of pregnancy.]

- These substances are discharged <sup>with</sup> difficulty.

It seldom without <sup>giving</sup> a vomit. Dr Haller Elem:

Phy: Vol: 6. p 279 ~~says~~ quotes the following facts on this subject: <sup>fresh half chewed - 2 months</sup> membranes & guts of animals - <sup>a great while</sup> skins <sup>have</sup> laid six months - fat 40 days - <sup>also</sup> 4 months - The skin of <sup>shell</sup> fish 14 days - common fish 7 days. the Roe

of DO: 4 months - <sup>certain berries</sup> ~~chase~~ two years - ~~poisons~~ <sup>peas</sup> - time not ment: <sup>grapes</sup> seven months - a Cherry two years - - During all which time they were retained in <sup>the</sup> stomach.

discharged about half an Ounce of  
~~unchanged~~ Chesapeake from ~~the~~ her stomach,  
 which she had eaten three days  
~~this Chesapeake had laid there~~

before. All her complaints im-  
 -mediately left her. From this fact  
 you will see the necessity of going back  
 beyond the day before a patient is  
 indisposed in inquiring into the quality  
 of the food <sup>he has</sup> ~~they have~~ taken, - and in  
 no acute disease should this inquiry  
 ever be neglected, especially if it be  
 seated in the stomach <sup>or</sup> bowels. ✓

10. <sup>by</sup> Aliment Often produces diseases  
 from being cooked in unwholesome

receptacles. A German physician  
 has explored all these diseases in  
 a ~~receptacles~~ tract entitled "De morte in  
 olla" - Lead and Copper vessels



✓ Where a whole family is disordered  
<sup>suddenly &</sup> at one time, with stomach or  
bowel ~~dis~~ complaints, I always sus-  
-pect <sup>they</sup> ~~it~~ arises from some unwhol-  
-some quality in the food they have  
taken - and this most frequently <sup>derived</sup>  
from the Vessels in <sup>wh</sup> it is cooked.

11 Aliment is often rendered unhealthy  
from being cooked or served in Vessels  
that have not been perfectly clean.

12 It is rendered unhealthy from  
the excretions of certain Animals  
being mixed with it. I once saw  
a whole family disordered from

are the most unfriendly to human  
 life. [I had once nearly perished <sup>at Durham in Eng.</sup>  
 from eating a vital cutlet fried  
 in a Copper pan]. The custom of  
 throwing pennies into a pot in w.  
 pease and <sup>some</sup> other vegetables are  
 boiled to in order to preserve their  
 green color has been the cause  
 of many ~~thousands~~ <sup>hundreds</sup> Colics - and other  
 diseases of the alimentary canal. It  
 is remarkable that the first <sup>growth</sup> ~~tea~~  
 -ful of vegetables prepared or rather  
 poisoned in this way generally take  
 away the Stomach. Since the introduc-  
 tion of Iron & Silver vessels into  
 ordinary use stomach complaints  
 have been less frequent everywhere.



Breakfasting on milk in which it  
was suspected a Spider had fallen  
in the milk house. <sup>I have heard of calves</sup> ~~only~~ once  
killed from this cause. —

13 Diseases are sometimes induced  
by feeding on animal food <sup>very</sup> ~~which~~  
unwholesome by the aliment on <sup>wh.</sup>  
the animal has fed previously to  
its being killed. The Deer after feeding  
on the laurel bush affords flesh  
which is poisonous to Dogs, and  
often injurious to man. Pheasants  
have been ~~said to have~~ <sup>been</sup> ~~the~~ <sup>had the same</sup>  
<sup>Gen. Ryer - 1000</sup> ~~effect in this city.~~ <sup>grouse & of</sup> <sup>3 instances occurred</sup>  
<sup>in this city.</sup> ~~and~~ <sup>one</sup> recollect at  
the Jersey College when a boy that 60  
of the Students were affected with Dy-  
-arrhea in one night from dining  
on pot pye made of pigeons that  
had fed upon pokeberries. —

14 Animal food is more or less whole-  
 some according as it taken in a fresh  
 or salted state. The greater frequency of  
<sup>gangrenous</sup>  
~~putrid~~ or typhous fevers in cities than  
 in country places is I believe in part  
 owing to the greater quantity of ~~fresh~~  
 fresh meat there in the country.  
 Children in the country escape the  
 Cholera Infarction chiefly from living  
 so much on salted meat. The Dy-  
 sentery which prevailed in the American  
 army in the summer of 1777 was  
 produced chiefly by the fresh meat  
 to which for it was a new species of  
 aliment to troops raised in the coun-  
 try. This disease <sup>disappeared</sup> and many others  
 were lessened as soon as salted meat  
 became part of a soldier's ration.



✓ In the ship *Salvador del mundo* (a man  
of war taken by Lord St Vincent in the  
war <sup>th</sup> w the Directory of France) there  
were <sup>but</sup> eight <sup>barrels</sup> <sup>of beef</sup> <sup>for her engine</sup>. The crew lived  
only on Beans, Olive oil & a little fatted  
fish.

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~~I have heard & read much of the~~  
~~diseases from too much salt being~~  
~~taken into with our Aliment, but~~  
~~I have not observed any of them.~~ Where  
Salted meat is taken in moderation  
& mixed with veg. food,  
it is not unhealthy. The Count Cas-  
triglio assured me that he had not  
heard of a single disease in Virginia  
or north Carolina where the planters  
eat salt meat three times a day from  
that Aliment. It were to be wished if  
our farmers would eat their fresh  
meat in winter & their salted meat  
in summer only, for it is more  
calculated to obviate the diseases of  
summer than winter, & it is cer-  
tainly much more pleasant in  
hot than in cold weather. ~~I~~





Where salted meat is used without vegetables, or with vegetable aliment of a dry & unfermented nature as at sea, it produces the Scurvy. It

produces it under similar circumstances on the land especially on the sea shore: —

15. There is an Idiosyncrasy in some people which renders the certain wholesome <sup>wholesome</sup> ~~aliments~~ disagreeable to them. Many people cannot taste fish — and yet people can eat with equal pleasure every kind of food. Now — when any of those Aliments which are disagreeable are taken from necessity, or complaisance, they often produce diseases. This idiosyncrasy with



v Recollect here the effects of Alim

certain 190

respect to Aliments is often hereditary in families. I know a lady whose derives from her ~~her~~ father such an antipathy to meat sauce and honey that the smell of the former makes her faint, and the smallest quantity of the latter operates like physic upon her Stomach. ~~¶~~

Having enumerated the Circumstances which influence the unhealthy quality of Aliment I proceed next to mention the diseases which are induced by the

Condiments. These are

Salt - Vinegar - Sugar - Mustard - Su-  
gar - and certain Spices.  
Other Saccharine Matters

~~That~~ The use and desire of ~~salt~~ common Salt in Aliment is very nearly universal. Some Nations are so



as the Bracilians - Caribbes -  
& the Numidian Africans &  
some Indian Nations in America.

found of it that they substituted the  
 Vegetable Alkali obtained from <sup>these</sup>  
 ashes in the room of it. But they  
 are whole Nations who are strangers  
 to the use of it. <sup>During the War before</sup> ~~per se~~ ~~as~~ ~~cert~~ ~~ain~~ ~~of~~ ~~the~~  
 last a tribe of Indians attended a treaty  
 at Boston who had never tasted Salt,  
 and who in consequence of taking  
 a small quantity of it with their  
 food were affected with a vomiting  
 & purging. There is the same variety  
 in the taste for salt among Cattle.  
 - while some <sup>of the same species</sup> decline without it - Others  
 will not taste it. That Salt is least  
 apt to produce diseases which is least  
 apt to dilagnose in the air and w<sup>ch</sup>  
 is prepared by the heat of the sun in



V That Vinegar destroys the irritab:<sup>y</sup>  
of the stomach & bowels has lately been  
proved by Dr Pilger who <sup>during the last war</sup> gave a number of  
horses <sup>during the first war</sup> in Bavaria that were ordered  
to be killed ~~very~~ in order to save forage,  
a quantity of Vinegar ~~was~~ for some  
time before the orders were executed. Upon  
applying irritants to their stomachs &  
bowels while they are dying, no motion  
was excited in them.

198 The principal  
a middle latitude. - It is so for  
this case produced by salt is the ~~same~~ <sup>same</sup>  
of which I have ~~spoken~~ <sup>shall that hereafter</sup>. It is seldom  
taken by itself in such quantities  
as to do any harm.

Vinegar used in moderate quantities  
is an agreeable & wholesome condi-  
ment, but taken in too large quan-  
tities it produces Dyspepsia - gastro-  
dynia - <sup>colic</sup> <sup>in certain food habits the</sup> flatulency - and Gout. There  
was a time about ~~1740~~ <sup>1740</sup> years <sup>ago</sup> when Vine-  
gar was celebrated in newspapers &  
almanacs as a Specific for reducing  
fat. Many hundred people tried it,  
but few with effect. In all, it pro-  
duced more or less of the diseases above  
mentioned.





Mustard by its exup of Stimulus  
 disposes to Gastrodynia - and to in-  
 flamm<sup>Disorders</sup> disorders. I have formerly  
 hinted at the advantage a physician  
 derives from <sup>now then eating</sup> ~~drinking~~ with his patients.  
 I once detected the cause of an Ob-  
 stinate Spasmodic affection of the  
 Stomach, <sup>in a lady</sup> and of the and of the  
 inflamm<sup>y</sup> Rheumatism in a gentle-  
 man by <sup>blowing with</sup> ~~drinking~~ the enormous  
 quantity of Mustard they took with  
 their Aliment. I dissuaded them from  
 the use of it & <sup>thereby cured</sup> ~~I hoped have cured~~  
 them both. - For they have both  
 enjoyed good health ever since  
 they have used mustard in their



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diet like other people I must have  
 enough that there is nothing patients  
 deceive themselves more in than y:  
 quantity or quality of y: food. From  
 11:30 to 12:30

Thimmannan's Ann<sup>2</sup> of the King of  
 it appears that  
 Purpisa he was ~~the~~ a monstrous  
 glutton even in his last illness, &  
 yet he never could be made to be-  
 lieve that he eat more than was  
 necessary to keep soul & body together.

- He was so fond of condiments that  
 his kitchen Baron Stuben <sup>used to</sup> say  
 his kitchen resembled an apothecary's shop.

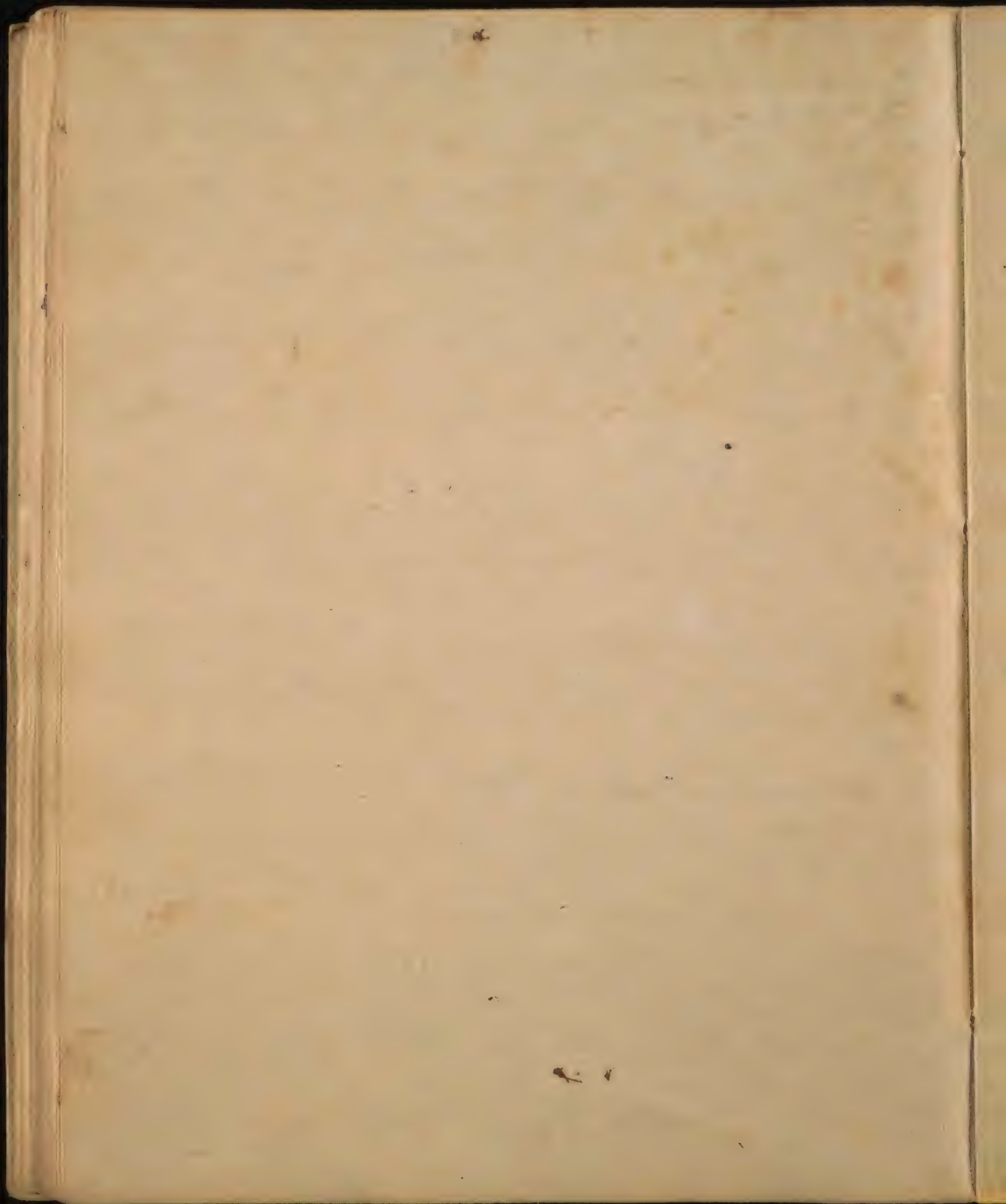
Sugar - the most nutritious &  
 delightful of all aliments when  
 taken in too large quantities of-  
 - too produces diseases. Many people



V and I are now attending a young  
lady in whom the same disease has  
been induced by eating <sup>2</sup>lbs of honey every  
day. Miss Lawrence of New York Dec 30. 1811.

from having been <sup>used</sup> ~~infused~~ <sup>in</sup> it,  
 are unable ever afterwards to bear  
 the least particle of sweetening in  
 their aliments & drinks. I once  
 knew an obstinate Dyspepsia in  
 a grocer brought on by nothing else  
 but tasting perhaps 40 or 50 samples  
 of sugar and molasses in a day.  
 Hoffman mentions a case of  
 Dyspepsia from eating too much  
 sugar. The celebrated Mr Baxter  
 has left a testimony in his works against  
 his mother who ruined his constitution  
 by indulging him when a child in  
 a diet of sweet meats. [Brown sugar  
 is of a gently purgative quality.]





Honey & melapso possess the same  
 qualities as sugar. They both  
 purge gently, and when taken  
 in too large quantities produce Ob-  
 stinate Surfeits, ~~or~~ and Dyspepsia.

The Spices are of different kinds, &  
 act differently on the system. They  
 all dispose to ~~Dyspepsia~~ Dyspepsia  
 when taken in too large quantities.  
 There is <sup>an enormous enlargement & in-</sup> a disease of the testicles men-  
 tioned by some late travellers in to  
 Africa which is confined to the  
 nobility of the country & which is  
 supposed to be br<sup>t</sup> on by <sup>taking</sup> eating  
 too <sup>much</sup> plentiful Cayenne pepper with  
 their Aliment.



1841

in

I should now proceed to treat of the diseases induced by Drinks, but between Drinks and Aliments there are two articles of diet, which require our Attention - These are Tell & Coffe.

A revolution has happened in the health and even manners <sup>of the inhabitants</sup> of Europe since the introduction of those articles into general use as a part of diet.

of Tea

The increase, if not the origin of hysterical diseases in Europe life <sup>in</sup> is ascribed to the Use of tea. ~~It~~ I suspect ~~almost~~ all the diseases produced by it, depend ~~more~~ chiefly upon its being ~~without sugar, milk or bread,~~ taken too strong. It hence disturbs in all <sup>countries</sup> ~~and~~ poor people in Great Britain ~~maids~~ are more disordered by it than



✓ It likewise predisposes the system  
to all those forms of the gout <sup>ch.</sup> w:  
appear in the stomach, bowels &  
~~viscera~~ system. It is to the ~~more~~ more intem-  
perate use of tea by women, than  
men, that they are much more  
afflicted with gout than our  
sex. It appears in them chiefly  
in the ~~viscera~~ & ~~new~~ forms of w:  
are called Dyspepsia, Colic, headache  
& Hysteria - all of which depend  
on morbid excitement. ~~It acts~~  
~~most on the nerves.~~





✓ Dr Hoffman says that he has  
seldom seen women who were very  
much addicted to the use of coffee,  
recover from <sup>an</sup> ~~an~~ Attack of an acute  
Disease. go to p 208 =

<sup>the coffee shrub</sup>  
broured upon it that a Turkish priest  
first conceived the idea of using it in <sup>the seeds of</sup>  
~~that coffee plant~~ diet for the same purpose. Linnaeus  
says it enfeebles the venereal appetite,  
[<sup>go to drinks</sup> and in confirmation of it tells a  
Story of a Sultan's Lady in Turkey,  
who observing her husband about  
to castrate a horse - bid him spare  
the poor animal the pain of that  
cruel operation, & to feed him upon  
Coffee."] ✓

[Neither tea or Coffee contain any  
nourishment. Where they add to the  
growth or support of the body it is  
owing to the sugar and cream, or  
milk that are usually taken with  
them. I said that the use of tea &





Coffee had produced a change in the  
manners of the inhabitants of Europe.

They have done this, by furnishing a  
substitute cordial for Aromatic Spirits.

In Sweden a farmer who once called  
for his Gill or pint of Whiskey at a  
Tavern, now regales himself only  
with Coffee. The principal entertain-  
ment of the houses of <sup>public resort &</sup> amusement was

London consists of tea and Coffee, and  
even Sailors & Porters often partake  
of them. The late Anthony Bueret

informed me that he had <sup>been</sup> kept from  
retreating to Spirits to support himself  
under the fatigue of teaching school,  
by the constant & plentiful use of  
tea. Should they Coffee & tea upon



✓ It has been asked which of the  
two tea - or Coffee is most hurtful.  
- Tea is most injurious to the Nerves,  
and Coffee to the brain - Hence while  
the former induces Hysteria most  
frequently - the latter induces Vertigo  
head ache, & disposes to palsy &  
Apoplexy.

[The whole be injurious, they are  
~~far - very far~~ less so, than Ardent  
~~for profane~~ Spirits. Perhaps they are intended to  
 serve the purpose of a ~~middle~~ <sup>ladder</sup> ~~third~~  
~~stepping~~ stone on which men may  
 descend from the strong Cordial of  
 Spirits to the simple diet of Nature.

[~~Tea has been called a Slow poison.  
 An old gentleman in this city who  
 heard this speech - said that he belie-  
 ved, <sup>it</sup> for <sup>7</sup> he had drank it <sup>twice a</sup> ~~every~~  
 day for 50 years, and that he was  
 still in good health.~~

Tea & Coffee are the most agreeable  
 remedies for fatigue of mind or body.

[I know a Country Physician who  
 makes it a constant practice to]



17. 2. 11.

Drink a bowl of one of them every time he is set out upon a long or cold ride to visit a patient. He <sup>Derives</sup> enjoys good health and spirits from this practice, and has been kept by it from leaving & even tasting spirituous liquors.

### = of Drinks

= Liquid However well, and however long many animals sustain life without drinking, this is not the case with man. He stands in the same need of Drinks that he does of Aliments. ~~but~~ These Drinks are numerous, and different in different countries. The chief of them are Water - Wine - Beer - Cyder - & ardent Spirits. I shall begin with Water &





## Water //

[True truths of mankind, according to  
Dr Haller use no other drink <sup>but water</sup> with their  
Aliment. It is the beverage of the <sup>nature,</sup>

and when drunk pure, ~~and~~ <sup>and</sup> ~~under~~  
in a proper manner is the most  
~~all the diseases~~ which form its  
wholesome drink in the world. Dr Haller

ascribes his ~~reading~~ <sup>years of age</sup> without spectacles  
at 60 <sup>years of age</sup> wholly to his having drunk no-  
thing but water <sup>from the 18<sup>th</sup> year</sup> during his life  
of his life age. ~~He~~ <sup>He</sup> ~~gives~~ <sup>gives</sup> the same

// ~~But~~ The praises of water are to be  
not only in the writings, ~~not only~~ of physicians  
but with in ~~all the~~ <sup>but of</sup> poets & philosophers.

Who would believe notwithstanding that  
~~water~~ Diseases and death insinuate them-  
selves into the human body thro' the  
medium of ~~water~~ this simple, and  
wholesome liquor? — Water produces



3.  
3  
✓ The inhabitants of St Kitts alone  
of all the West India Islands have had teeth,  
owing to their exclusive use of Cold water  
as drink. <sup>The late</sup> Dr Spence informed me that  
he drew three teeth & informed me to one  
in winter — probably owing to the more  
copious use of cold water in the former  
than the latter season producing more  
tooth ache. —

~~It is said~~

diseases 1 By its unstable Qualities 2<sup>ly</sup>  
 by its being mixed with certain im-  
 -pure and unwholesome Substances. and  
 3<sup>ly</sup> by being taken in too large a Quantity.

1 Water produces diseases by its unstable  
 Qualities - 1 by Cold - Its first operation  
 when very cold is on the teeth in which  
 it produces pain, and disposes them  
 afterwards to inflame<sup>n</sup> & Corruption. This  
 effect of cold water is very perceptible  
 to the Gentlemen <sup>in this city</sup> ~~who arrive here~~ and  
 States & the West Indies who drink it im-  
 -mediately after their arrival among us.  
 A draught of cold water often produces a  
 chills<sup>fit</sup>, and sometimes induces

The effects of cold water upon the body  
 are much influenced by the temperature  
 of the <sup>body</sup> ~~air~~ when it is taken into the





Stomach. When the heat of the body is  
~~above 90 or 95~~ raised above its natural  
 Standard either by exercise, or the  
 temperature of the external Air, and  
 a large draught of <sup>cold</sup> water is taken, it produces  
 pleurisy - Consumption - hepatitis -  
 malignant fevers - and a gangrene of the  
 mesentery, <sup>cases of</sup> all of which are upon record  
 in books of medicine. The most common  
 effects of it in this city are a sudden &  
 violent Spasm in the Stomach produ-  
 -cing Syncope & Death. I have known  
 twenty persons perish from drinking  
 cold water under the above circumstances  
 in one summer in this city. The cold  
 water acts here by suddenly abstracting  
 the excitement of the <sup>lystern</sup> ~~Stomach~~, and  
 more especially the stomach, ~~and~~ <sup>by</sup>



✓ It is remarkable that the  
body does not suffer in the least  
from cold drinks, if <sup>it</sup> the body be  
vigorously  
heated in a hot Bath. + see Dr. Bayne  
on cold Baths p. 329.

[These don't tax the Sun etc.] The Variety in the  
effects of heat from its forms & mixtures upon the  
body will be pointed out hereafter.

+ an important fact this - as it shows  
~~there can be no substance~~ will appear  
and capable of great application to the  
practice of medicine. That is

its sedative and debilitating effects.  
 Its operation <sup>depends upon the same</sup> ~~may be said to be~~ the same  
 principle as the operation of cold air  
 suddenly succeeding the action of hot air  
 on the body. ✓

Dr Haller informs <sup>us</sup> that in travelling  
 over the Alps, he was frequently seized  
 with complaints of a peculiar nature  
 after drinking the very cold water here  
 met with on the mountains. He felt  
 a pain in his breast resembling the  
 first symptom of a pleurisy - a singular  
 stupor - a derangement of mind, & a disinclination  
 to all motion.

Water sometimes produces <sup>some of</sup> the same  
 diseases when rendered cold by the solution  
 of ice in it. General Wayne was seized  
 with a Colic <sup>in the</sup> last summer 1792. which  
 was followed by a bilious fever by drinking



✓ Indians avoid cold Drinks - hence they prefer drinking water in its streams to drinking it at its fountain. Thirst is best allayed by water that has lost some of its coldness by standing sometime in the warm air.

✓ 2. Cold water induces disease by being drunken exclusively with meals. ~~The~~ <sup>It promotes the</sup> ~~It induces~~ <sup>It promotes the</sup> ~~appetite~~ <sup>gradual</sup> dissolution of the food, and thus induces a quick return of appetite, & by its absence of stimulus renders more food necessary to ~~of~~ <sup>of</sup> impart tone & stimulus to the digestive organs. - introduce the fact of Mr. Rozas from p: 216.

a large draught of punch in which there  
had been a lump of ice dissolved. ✓

<sup>simple</sup> Water seldom does any harm when <sup>too</sup>  
hot by itself. When taken in tea, or Coffee  
it has often produced Dyspepsia. Dr Haller  
says he got on this <sup>Disease</sup> ~~disease~~ when after-  
-dint in Leyden by nothing but drinking  
too hot tea.

Water produces many diseases by being  
mixed with certain <sup>foreign</sup> ~~impure~~ matters. There  
are salts - earths - and metals - and  
certain impure matters which exist <sup>th</sup> in  
it in all cities. The contents of a cessary  
house it has been found <sup>to</sup> ~~to~~ be 20 feet  
thick a <sup>clayey</sup> ~~sandy~~ soil & much further  
this ~~sand~~ <sup>that</sup> is 60 feet -  
hence water is become  
impure in proportion to the number  
of houses and cessaries which follow  
the sinking of a well in a city - &



V An attempt is now making to  
supply the cities of New York & Philad<sup>a</sup>  
with pure water from the same sources.  
Should it be successful - it will remove  
one of the <sup>remote</sup> causes of our Autumnal  
Epidemics.

hence ~~and~~ one reason why the inhabitants of cities are less healthy than country people. It was to prevent & remove the evils from this cause that Dr. Frank-  
lin Bequeathed a handsome legacy to the city of Philada<sup>a</sup> to be laid out in supplying the city with pure water from the River Schuylkill. - London & all the large cities in Europe are supplied with water from neighbouring springs or rivers. - It belongs to Chemistry to ~~describe~~  
describe & enumerate the saline <sup>earthly</sup> - metallic & aerial matters which enter into the composition of water. I shall only remark that water which flows over beds of lime are <sup>at first</sup> generally of a purgative quality. Such waters are very common in this country. In obstinate



V That water is said to possess the greatest  
V ~~The following are the marks of the~~  
purity, and wholeness of water. which  
has the following properties. 1 a rapid course  
over sand or gravel. 2 being frequently agi-  
tated by the wind. 3 transparent, and  
without taste. 4 well received by the  
stomach and bowels. 5 Boiling vegetables  
speedily & soft. 6 not being rendered white  
or turbid by the mixture of a veg. alk.  
and 7

+ that Dr Dalsille mentions an Epidemic  
& fatal Dysentery <sup>ch</sup> prevailed at Port Louis  
in the Isle of France that was produced  
by the inhabitants drinking of a spring of  
water w<sup>ch</sup> flowed from a mountain that  
contained in it some Copper ore. The  
Governor of the Island either forbade the  
use of the water, or gave it another  
course, & thereby checked the disease.

The pump water of Philad<sup>a</sup> & Helioch

especially of the bowels  
 chronic diseases, it is right to suspect  
 the water a patient drinks or uses in  
 his diet, and to advise him to change  
 it. <sup>by the</sup> ~~The~~ facility with which <sup>it</sup> ~~water~~  
 forms a lather with soap, <sup>I have only</sup> ~~is the cheapest~~  
~~nearest test of its purity.~~ to add ~~the~~ to this  
 head +

3. ~~Water~~ produces disease from too great  
 a quantity of it being drunk, <sup>between</sup> ~~in~~ diet,  
 meals,  
 and from too great draughts of it being  
 taken at a time. Many people have  
 a custom of drinking cold water as soon  
 as they rise in the morning, & at bedtime.  
 -The practice originated in intemperance,  
 and has been followed by ignorance or  
 dysphasia, for no person in good  
 health stands in need of it. It debilitates  
 the stomach & disposes to dyspepsia.  
 Drinking cold water between meals



the habitual use

V Dromedary takes notice of water pro:  
- during <sup>a month</sup> ~~very~~ appetite ~~It is~~ in the West  
Indies. I have known several instances  
of great water drinkers being great fudgers &

---

= contributed to increase the bilious  
epidemics of our city. It is often so  
impregnated with foreign filth and  
chiefly from privies as to emit a  
fetid smell after standing 8, 10 or 10  
hours in warm ~~water~~ weather.

+ M<sup>r</sup> Rojas an ingenious native of  
Mexico informed me Jan<sup>y</sup> 6<sup>th</sup> 1810 that he  
was confined by the inquisition in a  
monastery for one year with 94 monks.  
They drank nothing but water but they  
eat ~~enormously~~ especially of meat. He  
said they were "as carnivorous as Lyons".  
Part of Major ~~Blundell~~ <sup>Blundell</sup> ~~unhappy~~.

is equally absurd & equally unnecessary, where men or women have not been  
 deranged at their meals. It disposes to <sup>Dyspepsia</sup> ~~gent~~  
~~in persons predisposed to it~~, and it occasions  
 to the persons who drink in this manner  
 and to compound a great deal of super-  
 fluous trouble.

I once attended a gent<sup>l</sup> who died  
 of a Typharitis <sup>frequent swallowing</sup> but on <sup>by</sup> ~~the~~  
 at one Act of deglutition from a gill  
 to half a pint of cold water at a time.

### Wine

~~The use of wine is very ancient. I  
 need not hardly tell you that it is com-  
 posed of a saccharine substance called  
 must - an ardent spirit - a veg. acid  
 and water - of course it is gently  
 warming, and stimulating. But~~





to of a bad quality, <sup>217</sup> or taken in too  
~~any~~ ~~large~~ ~~quantities~~ is a fruitful source of dis-  
~~ordered effects upon the~~ ~~body~~.  
= case.

Its first operation is to increase the  
pulse, & to exhilarate the spirits - After  
this it produces intoxication & sleep.

These are the acute effects of wine if I  
may be allowed the expression - its chronic  
effects are to produce fat (which I shall  
hereafter consider as a disease) <sup>by overstretching the vessels</sup> also

the Gout, with all its numerous &  
distressing symptoms. I confine the  
remote cause of the <sup>gout</sup> ~~cause~~ <sup>in the limbs</sup> wholly to  
the Use of too fermented & distilled

liquors, for I believe no instance  
can be produced of its being produced

by intemperance in eating. - ~~At the~~  
In Turkey the <sup>as it is</sup> Gout is unknown,





for the religion of that country forbids  
 the use of wine and spirits. Wine  
 produces this effect according as it  
~~is~~ contains more or less of  
 the veg: or acetous Acid - hence the  
 best red wines as port - claret - and  
 Burgundy are more apt to produce  
 the gout <sup>than</sup> ~~it~~ than madira - Lisbon - or Remy.  
 Wine moreover produces the gout  
 more certainly in a moist, and  
 cold climate than in a warm one.

The Gout is hardly known in France  
 where more of the wine of that name  
 is drunk than in any other part  
 of the world. ~~the inhabitants (100,000) every~~  
~~year~~ <sup>year</sup>. The ~~effect~~ <sup>effect</sup> this wine produces  
 is this





to maturity / which is seven years /  
 the less disposed it is to produce the Gout,  
 for the owing to the Diminution of its  
 Acid. Wine is more apt to produce  
 the Gout when drunk alone, than  
 with food. - ~~It~~ <sup>3 or 4 hours</sup> when taken <sup>After</sup>  
<sup>a meal</sup> ~~digestion has begun~~ it is very apt to  
 disorder the stomach, & to interrupt  
 digestion. —

### Beer

~~[Beer contains a larger quantity of  
 of malt, or unfermented Saccharine  
 matter than wine - some acid & some  
 spirit mixed with water. The quantity  
 of spirit in it is so small, that it is  
 difficult for a man to intoxicate  
 himself with it - for the stomach revolts  
 from the quantity, before spirit is~~



v I have known some great Beers drinkers  
to die apoplectic in this city.

~~can be taken for that purpose.~~ But  
 when taken in too large quantities  
 it produces the Gout - <sup>with all its</sup> ~~which is most~~  
~~usual symptoms of Gout -~~ Colic  
~~frequently of the stone kind~~  
 Dysuria - Apoplexy & palsy. - It has  
 been supposed to produce the Gravel &  
 stone in a peculiar manner. <sup>But</sup> Dr. Haller  
 says that out <sup>of</sup> 300, or 400 <sup>per</sup> ~~subjects~~ <sup>ch</sup>  
 dead bodies of persons who had drunken  
 during their whole lives,  
 he had found stones in only two  
 of them. If it does produce Gravel or  
 stone it ~~must~~ <sup>must</sup> be by conveying <sup>too</sup> ~~and~~  
 much Acid into the system, & later  
 discoveries have taught us that an Acid  
 is the Basis of the human Calculus.

### Cydon

This liquor contains a small quantity



V It is said the inhabitants of the Cyder  
countries in Eng<sup>d</sup>. are many be known by  
this peculiar paleness.

W The Iron acts by mixing with, and  
obscuring the Acid of the Cyder.

Beer and Cyder produce the same  
disease when taken very cold at a time  
the body is unusually heated, that were  
formerly ascribed to cold water.

For an Acc<sup>t</sup> of Diseases by Acid  
Sprits see my pamphlet on Vine.

of Spirit & a good deal of veg: Acid - &  
 must mixed with water. Labouring  
 people seldom feel any inconvenience  
 from drinking it, but persons who  
 lead sedentary lives, are often affected  
 with the Rheumatism & Gout in  
 consequence of drinking it. The first  
 time fit<sup>h</sup> of the great Dr Franklin ever  
 felt was after taking a draught of Cyder.  
 I have known <sup>cannot taste this liquor</sup> several persons who  
<sup>without</sup> ~~cannot~~ <sup>or a Spasm in the Stomach</sup> feel pains in y<sup>e</sup> drinks. And I know  
 two persons a brother & sister who  
 are affected with these pains only  
 by eating ~~an Apple~~ <sup>the fruit w<sup>ch</sup></sup>  
 affords this liquor. ~~It is said~~ <sup>It is said</sup> Phlegm  
 a red hot iron in Cyder prevents  
 its producing Gout or Rheumatism.



V Beer and Cyder produce the same disease  
when drunk ~~when~~ cold when the body is  
heated that were formerly ascribed to  
cold water.

VI For a minute Account of them Quat.  
<sup>abstract in the 2<sup>nd</sup> Vol. of my</sup>  
I refer you to ~~a pamphlet lately~~  
~~ingrained in which~~  
~~published by Mr Dobson, in which~~  
I have <sup>not</sup> only enumerated those evils,  
but mentioned the means of preventing  
and curing them. ~~It was published at the~~  
~~request of several respectable citizens of Phil<sup>a</sup>~~  
- I wish ~~your gentlemen~~ <sup>chiefly</sup> my pupils to be  
impressed with a sense of the destructive  
effects of Ardent Spirits used as medicines.  
- They have lately composed a part of the  
Materia medica of Dr Brown. Thousands -  
Go to p 226.



Said formerly I wished my pupils to  
be distinguished by their attention to  
the <sup>state of the</sup> pulse in prescribing for diseases.  
- ~~with~~ with equal solicitude I wish  
them to be distinguished for their disuse of  
ardent spirits in every part of the world.

Should you <sup>quit: All</sup>  
~~want you as~~ therefore ~~as a~~ ~~man~~  
who calls himself a physician with ~~and~~  
~~roses~~ and ~~and~~ buds on his face, lifting <sup>with</sup> a  
a tumbling hand a tumbler or bowl of  
grog to his lips <sup>in a sick room or a tavern</sup> And should he say  
he had attended these lectures, tell the  
world he is <sup>either</sup> an impostor - or an Apos-  
tate. He belongs to the old school in  
medicine. I disown him as <sup>Go to p 228 of 12<sup>th</sup> ed.</sup>  
a pupil, or a believer in my <sup>principles</sup> system  
of medicine.



